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Incredible Peanut Butter Cookie Muffins (FP)

You need a sweet Fuel Pull treat for those times when you know you've already had a big meal but you're still craving that moist, sweet baked good afterward. These hit the spot and they're incredible because it is hard to believe they are FP. Freeze them in baggies and pull out to heat or thaw for breakfast, a snack, or dessert. This recipe is found in the "Breakfast & Baked Goods- Muffins" section of the Trim Healthy Table Cookbook, page 371.

Serves: Makes 12

INGREDIENTS:

For the Cookie Muffins:

- coconut oil cooking spray
- 1 1/3 cup THM Baking Blend
- 3/4 cup THM Peanut Flour
- 1/2 cup THM Gentle Sweet (plus optional 2 doonks Pure Stevia Extract Powder)
- 1 Tbsp aluminum-free baking powder
- 1/2 tsp mineral salt
- 1.5 cup egg white (s) (carton or fresh)
- 1.5 cup water
- 1.5 tsp vanilla extract

For the Handy Chocolate Syrup:

- *1/2 cup water
- *1/4 cup unsweetened cocoa powder
- *5 Tbsp THM Gentle Sweet
- *3 pinches mineral salt (generous)
- *1/2 tsp vanilla extract

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Incredible Peanut Butter Cookie Muffins (FP) cont.

INSTRUCTIONS:

For the Incredible Peanut Butter Cookie Muffins
Preheat the oven to 400°F.

1. Line 12 cups of a muffin tin with cupcake liners (parchment liners work best) and spray the liners with coconut oil.
2. Put all the dry ingredients in a large bowl and whisk together. Add the wet ingredients and stir well. Allow the mixture to set up for 10 minutes (as it will be very wet at first).
3. Ladle the batter to the top of the muffin cups and bake for 22 minutes. (While the muffins are baking, make the chocolate syrup; see below.)
4. Remove the muffins from the pan, let them cool enough to remove the liners, then place on a tray.
5. Drizzle the muffins with chocolate syrup (if you have leftover sauce, put it in a small jar with a lid and store in the fridge for other purposes, such as topping pancakes or waffles).

For the Handy Chocolate Syrup

1. Put all the syrup ingredients in a small saucepan and bring to a boil over medium-high heat, whisking often. Reduce the heat to low and whisk while the mixture simmers gently for a couple more minutes. Remove from the heat.

Recipe Notes:

We adapted this recipe from a single-serve muffin that one of our creative admins, Raye Pankratz, put into our Membership Database. Raye paired the muffin with the Handy Chocolate Syrup from Trim Healthy Mama Cookbook (which we've included above) for an over-the-top chocolate/peanut butter kick. Raye also has a helpful blog with lots of other THM recipes. You can find it at rayesplace.blogspot.com.

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